## **ABSTRACT**

A vibration and isolation apparatus is disclosed. The apparatus includes a fluid, a first fluid containment chamber, a second fluid containment chamber, and a damping path connecting the first fluid containment chamber and the second fluid containment chamber. The ratio of the cross sectional area of the first fluid containment chamber and the second fluid containment chamber to the cross sectional area of a damping path produces an effective mass of fluid for vibration isolation.